

Healing Depression



English Transcript	Tradução
Healing Depression	Curando a depressão
A woman who had worked at an insurance company for many years fell into despair.	Uma mulher que trabalhava numa seguradora havia muitos anos, caiu em desespero.
She was so depressed that she could have a nervous breakdown.	Estava tão depressiva que poderia ter um esgotamento nervoso.
Her doctor, seeking a diagnosis, asked her:	Seu médico, buscando um diagnóstico, lhe perguntou :
"What is the name of the young woman who works beside you at the insurance company?"	"Como se chama a jovem que trabalha ao seu lado na seguradora?"
"Cynthia, she replied, not understanding."	"Cíntia, respondeu ela, sem entender."
"Cynthia what?"	"Cíntia do quê?"
"I don't know."	"Eu não sei."
"Do you know where she lives?"	"Sabe onde ela mora?"
"No."	"Não."
"What does her husband do?"	"O que o marido dela faz?"
"I also don't know."	"Também não sei."
The doctor realized that selfishness was stealing the joy of this poor woman.	O médico entendeu que o egoísmo estava roubando a alegria daquela pobre mulher.
"I can help you, but you have to promise that you will do what I ask of you."	"Posso ajudá-la, mas você tem que prometer que fará o que eu lhe pedir."
"I'll do anything", she affirmed."	"Farei qualquer coisa, afirmou ela."
"First, make friends with Cynthia. Invite her to dinner at your house. Find out what she is aiming	"Em primeiro lugar faça amizade com Cíntia. Convide-a para jantar em sua casa. Descubra o que ela está



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for in life, and do something to help her."	almejando na vida, e faça alguma coisa para ajudá-la."
"Second, make friends with your newsstand vendor and his family, and see if you can do something to help them."	"Em segundo lugar, faça amizade com seu jornaleiro e a família dele, e veja se pode fazer alguma coisa para ajudá-los."
"Third, make friends with the caretaker of your building and find out what his life dream is."	"Em terceiro, faça amizade com o zelador de seu prédio e descubra qual é o sonho da vida dele."
"In three months, come back to see me."	"Em três meses, volte para me ver."
She didn't return, but she wrote a letter with no signs of melancholy or sadness. It was all joy!	Ela não voltou, mas escreveu uma carta sem sinal de melancolia ou tristeza. Era só alegria!
She had helped Cynthia pass her university entrance exam.	Havia ajudado Cíntia a passar no vestibular.
She helped care for the sick daughter of the newsstand vendor.	Ajudou a cuidar de uma filha doente do jornaleiro.
She taught the caretaker to read and write.	Ensinou o zelador a ler e escrever.
"I never imagined that I could feel joy in this way!", she wrote.	"Nunca imaginei que pudesse sentir alegria desta maneira!", escreveu ela.
Those who live only for themselves will never find peace and joy, because we are called by God to be a blessing in the lives of others.	Os que vivem apenas só para si nunca encontrarão a paz e a alegria, pois somos chamados por Deus para sermos benção na vida dos outros.



Contagem de palavras

A tabela abaixo exibe as palavras encontradas neste texto, bem como o número de vezes em que aparecem.

Veja também: [Para que serve esta tabela?](#)

Freq.	Palavra	Freq.	Palavra	Freq.	Palavra
12	she	10	the	8	do
7	you	7	to	7	of
7	I	6	what	6	her
6	and	5	a	4	with
4	that	4	not	4	joy
4	in	4	for	4	cynthia
3	your	3	woman	3	will
3	who	3	was	3	make
3	know	3	is	3	help
3	friends	3	find	3	at
2	wrote	2	vendor	2	this
2	something	2	see	2	out
2	no	2	newsstand	2	never
2	lives	2	life	2	insurance
2	his	2	helped	2	have
2	had	2	doctor	2	could
2	company	2	caretaker	2	can
2	but	1	young	1	years
1	write	1	works	1	worked
1	where	1	we	1	way
1	university	1	understanding	1	three
1	those	1	third	1	themselves
1	them	1	taught	1	stealing
1	so	1	signs	1	sick
1	selfishness	1	seeking	1	second
1	sadness	1	return	1	replied
1	realized	1	read	1	promise
1	poor	1	peace	1	pass
1	others	1	or	1	only
1	nervous	1	name	1	months
1	melancholy	1	me	1	many
1	live	1	letter	1	it
1	invite	1	into	1	imagined
1	if	1	husband	1	house
1	healing	1	god	1	first
1	fell	1	feel	1	family
1	exam	1	entrance	1	dream



Freq.	Palavra	Freq.	Palavra	Freq.	Palavra
1	does	1	dinner	1	did
1	diagnosis	1	despair	1	depression
1	depressed	1	daughter	1	come
1	care	1	called	1	by
1	building	1	breakdown	1	blessing
1	beside	1	because	1	be
1	back	1	asked	1	ask
1	are	1	anything	1	an
1	also	1	all	1	aiming
1	affirmed				